



Anchovy Bruschetta: Bruschetti di Alici

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



379 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 slices peasant bread italian thin
- 1 bunch parsley fresh chopped
- 1 clove garlic finely minced
- 0.3 cup mint leaves chopped
- 0.5 cup olive oil extra-virgin
- 4 servings pepper freshly ground
- 12 fillet salt-packed anchovy

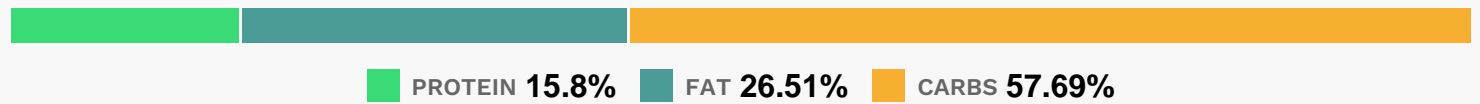
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat the oven to 375 degrees F.
- Soak anchovies in water for 1 hour.
- Drain, rinse and chop.
- Using a fork, mash the anchovies, parsley, mint and the garlic in a bowl.
- Add the olive oil and pepper, to taste. Keep mixing and mashing until you achieve a creamy consistency. You may need to add more oil.
- Spread the anchovy mixture in equal amounts over the bread slices.
- Place the bruschetta on a large baking sheet.
- Bake until the bread is just toasted, about 8 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index: 38.17, Glycemic Load: 28.8, Inflammation Score: -9, Nutrition Score: 24.321304476779%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 30.88mg, Apigenin: 30.88mg, Apigenin: 30.88mg, Apigenin: 30.88mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 2.13mg, Myricetin: 2.13mg, Myricetin: 2.13mg, Myricetin: 2.13mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 378.8kcal (18.94%), Fat: 11.2g (17.23%), Saturated Fat: 1.71g (10.67%), Carbohydrates: 54.83g (18.28%), Net Carbohydrates: 49.62g (18.04%), Sugar: 6.55g (7.27%), Cholesterol: 7.2mg (2.4%), Sodium: 551.35mg (23.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.01g (30.03%), Vitamin K: 242.63µg (231.07%), Manganese: 1.42mg (71.23%), Selenium: 36.76µg (52.52%), Vitamin B3: 8.18mg (40.92%), Vitamin B1: 0.48mg (32.21%), Iron: 5.5mg (30.56%), Folate: 121.19µg (30.3%), Vitamin A: 1328.75IU (26.57%), Vitamin C: 20.3mg (24.61%), Fiber: 5.22g

(20.87%), Vitamin B2: 0.34mg (19.73%), Calcium: 185.99mg (18.6%), Phosphorus: 176.98mg (17.7%), Magnesium: 60.57mg (15.14%), Copper: 0.23mg (11.26%), Vitamin B5: 1.07mg (10.68%), Zinc: 1.56mg (10.43%), Potassium: 303.22mg (8.66%), Vitamin B6: 0.17mg (8.38%), Vitamin E: 1.17mg (7.78%), Vitamin B12: 0.07µg (1.24%)